

U.S. Pork Producers Pleased New Dietary Guidelines Put Pork Front and Center on Plate

WASHINGTON, D.C., Jan. 7, 2026 – The National Pork Producers Council applauds the U.S. Department of Health and Human Services and the U.S. Department of Agriculture's release of the 2025-2030 Dietary Guidelines for Americans, which encourage Americans to "consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat."

"America's pork producers appreciate the 2025 Dietary Guidelines putting pork front and center on the plate. They took note of producer concerns and rightly gave pork and other high-protein, nutrient-dense, and delicious meats their due when it comes to Americans' health and dietary habits," said Rob Brenneman, NPPC president-elect and pork producer from Washington, Iowa.

Quintessentially American foods like pork chops and Easter hams can remain a staple of American households, and the guidelines go so far as to recommend parents introduce nutrient-dense foods including meat early and continue focusing on "nutrient-dense foods such as protein foods" throughout childhood.

NPPC has long advocated for sound science, including how the Dietary Guidelines are developed. The "upside down" pyramid released by the administration encourages consumers to feel good about eating and enjoying their protein as part of a healthy, balanced diet, and America's pork producers are proud to play a part in their wellbeing by providing readily available, affordable, enjoyable pork products.

NPPC will continue to review the new guidelines and work with the Trump administration to ensure future food policy decisions serve the health and nutrition interests of the American public and that pork continues to play a vital part.

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